

Caswell Senior Center

The mission of the Caswell Senior Center is to enrich the lives of Caswell senior adults by responding to their diverse needs and interests.



Let's Travel

Things are looking brighter! COVID positivity numbers are going down. The mask mandates are being lifted and we are ready to have everyone back at the center and doing some traveling.

We had several Gadabout meetings in February to see what your interest were in trips. We didn't have a lot of folks show up but got feedback from those who came. If you have a suggestion or would like to add a trip for consideration, give us a call or send us a note. We will check it out. We will also be looking at starting day trips in April, so be on the lookout for those to start back soon.

Trips On The Horizon

Savannah, GA –4/19-4/22 (\$529) - \$75 Deposit /Seats Avail.

The Ark –KY –6/20-6/23 (\$599) - \$75 Deposit /Seats Avail.

Lancaster-NY—9/12-9/15 (\$799) - \$75 Deposit / Seats Avail.

Ireland—10/15-10/22 (\$2799) - \$250 Deposit / Seats Avail.

Biltmore—12/7-12/9 (\$499) - \$50 Deposit / Seats Avail.

Notes from Jeannine

COVID positivity rates are going down and The Senior Center is positive that we are ready for folks to start coming back and enjoying the activities and trips once again.

Be on the lookout for new programs at the center (starting in April) as well as day trips and overnight trips.

If you have thoughts for day trips or programs that you would like to see offered at the center give us a call at 336-694-7447 and share.

We will continue to monitor COVID and the numbers and should things change we will change as we need to .

Remember to wash & sanitize your hands and give folks their space.

Hope to See You Soon!

Senior Center Happenings

Veterans Service Officer

Our Veterans' Service Officer, Wanda Jones will be at the Senior Center twice a month to assist you. She will be at the Center **on March 9th and March 23rd**. Appointments are first come, first serve.



Breakfast and Conversation

Join us every **4th Wednesday at 9:00** am for coffee and conversation with other Veterans. The senior center sponsors a lite breakfast with coffee and juice to all Veterans. We provide updates that are of interest to Veterans and their families during this time.



Paint Class

Carol Dodson will join us on **Thursday, March 10th at 9:30 am** to help you paint a beautiful summer picture of daisies. Carol will furnish the supplies you will need for the class. Contact Cindy at 336-694-7447 to reserve your seat.



Placemat Pillows

Carol will also join us on **Thursday March 24th** to show you how to create a bright and colorful pillow out of placemats. It's a really simple trick that turns a cloth placemat into an awesome pillow. The class will begin at 9:30 am and you will need to contact Cindy at 336-694-7447 to reserve your seat. Supplies will be provided by the center.



Beware...Scam Alert

On Tuesday March 22nd we will have Sam Shumate from Congressman Ted Budd's office joining us to talk about the many scams that are out there to take your money. Sam will share with you how to recognize a scam and what scams are happening now for you to watch out for. The program will be in the dining room of the senior center and will start at 10:00 am.



The Choir is Back

We are happy to announce that the choir will be coming back to the center and begin spreading music all over the building once again. Their first day back will be **Tuesday March 15th at 9:00 am**. If you are interested in being a part of the Senior Center choir stop by on the 15th and check them out. They are always looking for new members. We look forward to having them back, it has been 2 long years since they have been with us.



The Senior Center is still following limited Covid protocol. We ask that you give others ample space, use hand sanitizer and continue to wash your hands after using the restroom. And please stay home if you do not feel well.

Congregate activities start at 10am Monday thru Friday. If you are signed up for lunch you are required to call in for lunch and transportation the day before by noon. Not calling by this time could result in no transportation or lunch. Please call Rita for additional information.

Veterans Service Officer will be here on March 9th and 23rd from 11am to 1pm. First Come First Serve.

Bingo will take place on the March 24th and March 29th from 10am to 11am. First come, First Serve.

Fitness Room is open Monday thru Friday from 8:30am to 4:30pm.

You may use the fitness room and equipment for 45 minutes. Longer if no one is wanting to use the machine you are on..

Rook Looking for Rook players. Give us a call if you are interested. First Come, First Serve.

Computer Room is open Monday thru Friday. If you are interested in computer classes contact us at 336-694-7447. We have Taxes being prepared every Monday until tax season is over. The computer lab is closed to public on Mondays.

Scrapbooking (\$\$) meets the 4th Wednesday of each month at 10:30. First Come First Serve.

Fit-4-Life (\$\$) classes are offered each Tuesday and Friday at 8:30 am. First Come First Serve

Yoga (\$\$) is offered every Tuesday and Thursday from 1:15 pm to 2:15 . If you attend the class regularly and cannot come, please call to let us know.

Tai Chi (\$\$) is offered every Monday from 10:am to 11:00 am. First Come First Serve.

Pool Table the senior center has a pool table that is open M-F. Bring a couple of friends and enjoy a friendly game of pool.

Senior Services

Information and Referral

Fitness Health Promotion

Senior Games

Transportation Medical/General

Caregiver Classes

Energy Assistance

Medicaid/Medicare Benefits

Job Training Placement, NCBA

Telephone Reassurance

Durable Medical Equipment

Food Distribution

Tax Preparation Counseling

Legal Services

Caregivers Support Program

Congregate/Home Delivered Meals

Insurance Counseling (SHIIP)

Veteran Services



Hours of Operation:

Monday - Friday

8:00am-5:00pm

336-694-7447

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	2 9:30-2:30 Rook 10:00 Congregate Meets	3 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	4 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets
7 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$	8 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	9 9:30-2:30 Rook 10:00 Congregate Meets 11-1 Veterans Service Officer	10 9:30 Paint w/ Carol 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	11 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets TIME CHANGES 3/13 SPRING FORWARD
14 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$	15 8:30 Fit-4-Life\$\$ 9:00 Choir 9:30-2:30 Rook 10:00 Congregate Meets 1:15 Yoga w/Frank\$\$	16 9:30-2:30 Rook 10:00 Congregate Meets	17 9:30-2:30 Rook 10:00 Congregate Meets/St. Patrick's Day Party 1:15 Yoga w/Frank\$\$	18 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets/Spring Craft
21 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$	22 8:30 Fit-4-Life\$\$ 9:00 Choir 9:30-2:30 Rook 10:00 Congregate Meets/Scam Alert 1:15 Yoga w/Frank\$\$	23 9:00 Veterans Connect Breakfast 9:30-2:30 Rook 10:00 Congregate Meets 10:30 Scrapbooking 11-1 Veterans Service	24 9:30 Placemat Craft 9:30-2:30 Rook 10:00 Congregate Meets/Bingo 1:15 Yoga w/Frank\$\$	25 8:30 Fit-4-Life\$\$ 9:30-2:30 Rook 10:00 Congregate Meets
28 9:30-2:30 Rook 10:00 Congregate Meets 10:00 T'ai Chi (in craft room)\$\$	29 8:30 Fit-4-Life\$\$ 9:00 Choir 9:30-2:30 Rook 10:00 Congregate Meets/B'day Bingo 1:15 Yoga w/Frank\$\$	30 9:30-2:30 Rook 10:00 Congregate Meets	31 9:30-2:30 Rook 10:00 Congregate Meets/Adult Coloring 1:15 Yoga w/Frank\$\$	<div> Follow us on Facebook! "Caswell County Senior Center" </div>